

Press Release:

FOR IMMEDIATE RELEASE

Riverview to Implement New Wellness Regulations Using Integrated Activities

The Riverview School Board and administration is committed to providing a school environment that promotes student wellness, proper nutrition, and regular physical activity as part of the total learning experience. The District's Wellness Policy is based on recommendations of the Wellness Committee and in accordance with federal and state laws and regulations. The Wellness policy is updated or modified as needed, every three years based on the results of triennial assessments and needs or priorities. **Over the past school year, members of Wellness Committees in each school building worked to generate ideas to create a plan that supports the overall health and wellness of our students and staff.** A revised Wellness policy will be in effect this year. In addition to nutritional factors, the Wellness Policy and building level plans will provide for the following physical activities for our students:

- opportunities for developmentally appropriate physical activity during the school day for all students
- age appropriate physical activity opportunities to meet the needs and interests of all students, in addition to planned physical education
- a physical and social environment that encourages safe and enjoyable activity for all students
- students and their families shall be encouraged to utilize district-owned physical activity facilities
- physical education instruction should promote lifelong physical activity and provide instruction in the skills and knowledge necessary for lifelong participation
- physical education classes will be taught by certified health and physical education teachers
- physical activity shall not be used or withheld solely as a form of punishment

In addition to formal or traditional Physical Education classes, our elementary students will be provided with the following physical activity practices which will be initiated during the 2017-2018 school year. These programs will be monitored by our school principals and revised by those who specifically facilitate each program in an effort to ensure quality and genuine implementation:

Daily Activities:

Morning Movement and Stretching Activities will be included as a closing to each school's Daily Morning announcements. These movement activities will be facilitated using approved videos and/or student led small group leaders like student council or other interested student grade groups.

Teachers will be encouraged to make use of activities provided to them in an **Integrated Movement Reference Binder**. The binder will include tried and tested simple movement activities, used in other schools across the country that teachers can refer to and use with their students when movement breaks become apparent or necessary. Movement activities may include simple movement activities like sky reaches, shoulder blasts, squats, hand walks, and star jumps. These motions can be used when a mental break is needed or to assist students with lowering stress before taking a test. Many schools throughout the country have helped to reverse the obesity epidemic by offering a variety of creative movement throughout the day to get kids moving and improve alertness

and discipline. Training, to review these types of activities, will be provided to all staff. Staff will also be encouraged to provide ideas and recommendations to the reference binder in an effort to share meaningful activities with colleagues.

Students will continue to be provided with daily **Recess**. Priority will be given to outside recess. When indoor recess is required due to inclement weather, every effort will be made to make use of available gymnasium or other open building space, if possible. Denial of recess may not be used as a form of punishment.

Weekly Activities:

Each week will begin with a simple but meaningful Mindfulness tip or mini-lesson facilitated by school guidance counselors. **Mindfulness Activities** assist with relaxation, goal setting, and taking charge of one's time to accomplish goals resulting in improving the quality of a workout and enhancing self-confidence. Mindfulness activities have been found to mitigate the effects of bullying, enhance focus, and improve mental health and social skills.

Fitness Fridays will be conducted based on themes and fun activities created and implemented by each school building's Wellness Committee in cooperation with the building principal.

Monthly:

To introduce our younger students to the types of **Varsity Athletic Programs** that will be available to them in high school, varsity coaches and/or varsity student athletes will work with the District's Athletic Director to create and share an introduction to their sport as they provide younger students with the opportunity to participate in sport related **skill set clinics**.

We look forward to offering our students a more focused and deliberate way to integrate overall wellness into their school day experiences through movement and fitness activities. Additionally, we will seek opportunities for parents and the PTO to assist us in implementing meaningful extended activities for our students. Ideas and suggestions can be sent to each building's Wellness Committee by contacting the school principal.

Academics. Arts. Athletics. Opportunities.

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RIVERVIEW SCHOOL DISTRICT